



**Stearns Champions Park  
Adaptive Recreation in a  
Special Environment  
A.R.I.S.E.  
4520 East 23rd Street  
Long Beach, 90815  
Phone: (562) 570-1685**

## City of Long Beach Parks, Recreation & Marine Community Recreation Services

### STEARNS CHAMPIONS PARK A.R.I.S.E. Program Monday-Friday 2:00 PM - 5:00 PM



## NOVEMBER 2015



The *A.R.I.S.E.* Program provides sports, recreational, and social activities for Long Beach residents with disabilities.

In addition, the *Adaptive A.R.I.S.E. Recreation* program provides information and referral services for the disabled.

**Dining Out**  
**First Wednesday of the Monthly**  
**11/4@ Ecco's**

**Movie Night**  
**Third Wednesday of the month**  
**11/18@ LAKEWOOD CENTER**  
*Call park office for movie information*

**Adaptive Annual Thanksgiving Feast Potluck**  
**11/24 3:00 PM - 5:00 PM**

**ARISE PROGRAM**  
**Monday - Friday 2:00 PM - 5:00 PM**

**CLOSED 11/26 and 11/27**

**Monday: Chef's Club**  
**Tuesday: Healthy Champions**  
**Wednesday: Arts & Crafts**  
**Thursday: Field Trips**  
**Friday: Cal Bowl \$2.00 With Shoes**  
**\$4.75 Without Shoes**

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>DAY OF THE DEAD</b>	<sup>2</sup> <u>Cooking Class</u>  Pumpkin Pie In A Cup	<sup>3</sup> <u>Healthy Champions</u>  Inside Basketball	<sup>4</sup> <u>Arts &amp; Crafts</u> Day Of The Dead Coloring Pages <b>Dining Out</b>	<sup>5</sup> <u>Field Trips</u>  Lakewood Mall	<sup>6</sup> <u>Bowling</u>  \$2 With shoes \$4.75 Without shoes	
<b>NATIVE AMERICAN HERITAGE MONTH</b>	<sup>9</sup> <u>Cooking Class</u>  Fun Fill Trail Mix	<sup>10</sup> <u>Healthy Champions</u>  Chair Exercise Video	<sup>11</sup> <u>Arts &amp; Crafts</u> Rain Sticks	<sup>12</sup> <u>Field Trips</u>  <u>99 Cent/ Dollar Tree Store</u>	<sup>13</sup> <u>Bowling</u>  \$2 With shoes \$4.75 Without shoes	
<b>AUTUMN LEAVES</b>	<sup>16</sup> <u>Cooking Class</u>  Carmel Apple Nachos	<sup>17</sup> <u>Healthy Champions</u>  <u>Hand Weights</u>	<sup>18</sup> <u>Arts &amp; Crafts</u>  Autumn Leaf Wreath <b>Movie Night</b>	<sup>19</sup> <u>Field Trips</u>  Del Amo Swap meet	<sup>20</sup> <u>Bowling</u>  \$2 With shoes \$4.75 Without shoes	
<b>GIVE THANKS</b>	<sup>23</sup> <u>Cooking Class</u>  Easy Pumpkin Muffins	<sup>24</sup> <b>Thanksgiving Pot Luck</b>	<sup>25</sup> <u>Arts &amp; Crafts</u>  December Calendars	<sup>26</sup> <b>CLOSED</b>	<sup>27</sup> <b>CLOSED</b>	
<b>HARVEST MOON</b>	<sup>30</sup> <u>Cooking Class</u>  Turkey Gravy Over Biscuits					